

If You Become a Victim of Sexual Assault:

- Get to a safe place.
- Don't bathe, shower, douche, change your clothes, eat, drink, smoke, urinate, brush your teeth, gargle or anything else that might destroy or wash away evidence including evidence of a drug facilitated sexual assault.
- Contact your county Rape Care Program for emotional support, information and to learn about your options.
- Seek medical attention for injuries, sexually transmitted infections, HIV and possible pregnancy.
- Have your county Sexual Assault Response Team (SART) activated if you wish to have forensic evidence collected.
- Contact the police department where the assault occurred if you wish to make a police report.
- If you are unsure about making a police report at this time, evidence may still be collected up to five days following the assault and held for up to 90 days while you decide about reporting.

Some Emotions You May Feel Include:

- Confused
- Embarrassed
- Anxious
- Helpless
- Ashamed
- Lonely
- Isolated/Withdrawn
- Guilty
- Sad/Depressed
- Fearful
- Nauseous

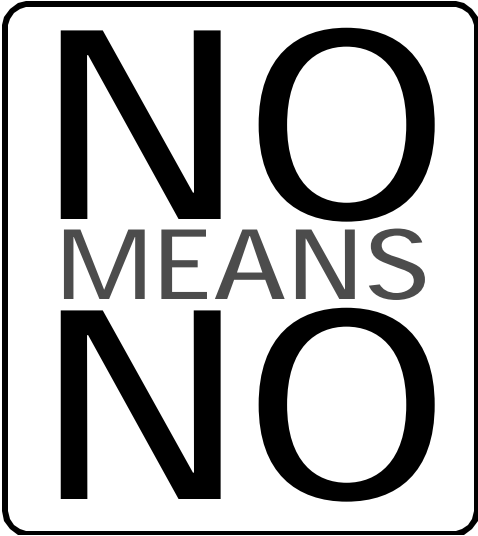
Your county Rape Care Program can help you deal with these emotions. County Rape Care Program phone numbers are listed on the back of this brochure.

You may be worried about Sexually Transmitted Diseases (STD's), HIV/AIDS and pregnancy. When you seek medical attention, ask the medical examiner about prevention of pregnancy and anonymous testing sites for STD's and HIV/AIDS.

For Help Call Your Local Rape Crisis Center:

Atlantic	609-646-6767 800-286-4184
Bergen	201-487-2227
Burlington	856-234-8888 609-871-4700 609-267-8500
Camden	856-964-7378 866-295-7378
Cape May	877-294-2274 609-522-6489
Cumberland	856-455-5555
Essex	877-733-CARE
Gloucester	856-964-7378 866-295-7378
Hudson	201-795-5757
Hunterdon	908-788-4044 888-988-4033
Mercer	800-572-7233 609-394-9000
Middlesex	877-665-7273 732-452-5900
Monmouth	888-264-7273 732-264-7273
Morris	973-829-0587
Ocean	732-370-4010 609-494-1090
Passaic	973-881-1450
Salem	856-935-6655
Somerset	908-526-7444
Sussex	973-875-1211
Union	908-233-7273
Warren	866-6BE-SAFE (866-623-7233) 908-453-4181 908-475-8408

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Information for Teens

New Jersey Department of Community Affairs  
Division on Women  
Office on the Prevention  
of Violence Against Women  
101 South Broad Street, PO Box 801  
Trenton, NJ 08625-0801  
(609) 292-8840  
[www.nj.gov/dca/dow](http://www.nj.gov/dca/dow)



James E. McGreevey  
Governor



Susan Bass Levin  
Commissioner

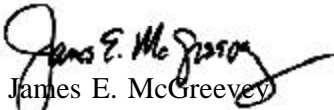
Comments from  
Governor McGreevey  
& Commissioner Levin

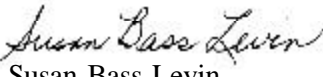
Sexual assault can happen to anyone of any age. That is why it is important you know what sexual assault is and what to do if it happens to you or someone you know.

This brochure provides you with important information about sexual assault. It gives you examples of things that are considered sexual assault, sets straight some common myths about sexual assault, outlines the thoughts, feelings and reactions you may have to a situation, and offers advice on what to do if you become a victim.

It is important to ask for help if you find you have become a victim of sexual assault. Every county in our state has a Rape Care Center that can provide you with free and confidential assistance and support. It's so important to know that you are not alone, and remember that no always means no – there is no excuse for sexual assault.

With all good wishes,

  
James E. McGreevey  
Governor

  
Susan Bass Levin  
Commissioner

What is Sexual Violence?

Sexual violence is any form of unwanted, unwelcome or coercive sexual behavior. Sexual assault, which is usually called rape, includes vaginal, oral or anal sex without the victim's consent or with a victim who is unable to consent. A victim who is unable to consent means:

- A victim:
- Under the age of 13
  - Under the age of 16 when the assailant is at least four years older
  - With diminished mental capacity - which can mean a victim who is drugged, drunk, high, unconscious or has a developmental disability

**FACT: Sexual touching, known as criminal sexual contact, as well as sexual harassment and lewdness are forms of sexual violence and are considered serious crimes in New Jersey.**

Who Can Become a Victim?

A victim can be anyone, regardless of age or gender, but is usually a young girl or woman.

Who Can be an Assailant?

An assailant can be anyone, including:

- Someone you know from school or extra-curricular groups
- Someone you have or had a crush on
- Someone you meet at a party
- Someone you are dating
- An acquaintance – someone your friend knows
- A friend
- A relative
- A neighbor
- A group leader or teacher

**FACT: Most rapes are committed by people the victim knows.**

Statements about sexual violence:	
Myths:	Facts:
<div><div>1</div><div>Kissing/touching means you have to have intercourse</div></div> <div><div>2</div><div>Going back to your date's house or to someone's room means you want to have sex</div></div> <div><div>3</div><div>If your date pays for anything on a date, including dinner or a movie, you owe him sex</div></div> <div><div>4</div><div>If a male is aroused, then he must have sex</div></div> <div><div>5</div><div>If you have had sex with someone before, that person can have sex with you anytime</div></div>	<div><div>1</div><div>Kissing only means you agree to kiss – nothing else</div></div> <div><div>2</div><div>Just because you are in his house or alone with him does not mean he is entitled to sex</div></div> <div><div>3</div><div>Sex is never owed for money or for buying you something</div></div> <div><div>4</div><div>Sex is not a necessity for anyone, even if they are aroused</div></div> <div><div>5</div><div>You have the right to say no or change your mind about having sex at any time</div></div>
<div><div>These statements are NOT true.</div><div>You DO NOT owe anyone sex at anytime for any reason.</div></div>	<div><div>NO ONE is entitled to have sex with anyone without their consent.</div></div>